

MSC CLASS DESCRIPTIONS

All fitness programs are designed for adults, ages 18+. Participants ages 16-17 are welcome to join Fitness Classes and Lap Swim with their parent/guardian. Classes and instructors subject to change without notice. Due to the physical nature and contact of Adult Drop-In Basketball, the program is only open to ages 18+.

Fitness Classes

Fit Over 50: Adapted for all ages and fitness levels, the fun and challenging workout improves the cardiovascular system as well as increase balance, strength and bone density.

Sculpt Interval: Using interval training, combines strength and toning with a cardio workout.

Step and Tone: Combines the “Step” for high-energy cardiovascular exercise with weights and resistance bands for toning.

Fitness Camp: Join this fun group, build camaraderie and tone up with exciting workouts and drills. The class improves agility, core strength, coordination and cardiovascular fitness.

Feldenkrais: Helps increase your ease and range of motion while improving flexibility and coordination through a unique, gentle body centered learning process.

Butts & Guts: Aimed at two of the most troublesome spots. Combines deep stretching to create long muscles with specific exercises directly shaping the glutes and stomach.

Cardio Kickboxing: All Cardio, All the Time! Burn calories through a variety of workouts, including Cardio Dance, Kickboxing, Cardio Circuit and more!

Power Hour: Burn calories like crazy. Weights, exercise tubes, balls, bars and jump ropes are used to strengthen and tone your body. Athletic drills are added for speed, power and agility.

Pilates: Focused on the core of the body, the class strengthens, tones and develops flexibility and body awareness through controlled, concise and concentrated movements.

Body Architect: A total body conditioning class designed to improve muscle tone in all areas of the body. This workout uses weights and body bars to promote muscular endurance, flexibility and body alignment.

Zumba Basics: Inspired by traditional Salsa, Samba and Merengue music and dance steps, this class incorporates easy-to-follow dance moves at a high cardio base for body changing benefits.

Studio Sampler: This 1-hour class, perfect for those looking to try something new, features 8-minute sessions of five different group exercise class styles, creating an invigorating cardio and strength training workout.

Cross Training: Aimed to improve your overall athleticism, the class will incorporate weights, squats, lunges, jump rope, steps, and more. Increase your vertical jump, endurance, speed work, power and body strength.

Yogalates: A blend of Yoga and Pilates, fusing the dynamic and flowing movements of Yoga with the core stability aspects of Pilates.

Beginning Yoga: Consists of simple yoga exercises to promote perfect health, flexibility, stamina and strength. Pranayam, or breathing lessons, will be followed by exercises called Asanas and conclude with deep relaxation.

Gentle Yoga: Similar structure as Beginning Yoga, slightly less intense. Great exercises for those who want to achieve a general well being, build strength, flexibility, and stamina.

Hatha Yoga: A combination of dynamic breathing and strong flowing movements create a purifying heat, eliminate toxins and provide a high energy workout. A combination of strength, flexibility, balance, and stamina.

F.I.T. (Fitness Integrated Training) Yoga: Incorporating strength training with the yoga benefits of increased flexibility, coordination and concentration.

Prenatal Yoga: Yoga helps you adjust to the physical and mental demands of labor, birth and motherhood. Work with a group of pregnant or new moms to develop strength, flexibility, endurance and calmness of mind.

Aquatics

Lap Swim: A great way to stay in shape and build the cardiovascular system with no impact on the body. Pool lanes are designated as slow, medium and fast, allowing swimmers to swim at their own pace.

Arthritis Foundation Aquatic Program: Offered in conjunction with the Northern California Arthritis Foundation. Emphasis on pain reduction, improved range of motion, fitness and safety. No swimming skills required.

Water Exercise: Offering the benefits of land exercises while providing resistance during all movements. Can be adapted to the needs and fitness level of any individual. No swimming skills necessary.

Rusty Hinges: Like Water Exercise, offers impact free, water resistant exercises for all levels. No swimming required.

Moms in Motion: Pre and post-natal body conditioning and toning. Helps you adjust to the physical demands of labor and motherhood or gain back your shape. Meet new moms and build new friendships. Water temp is 86°. No swimming skills required.